

Ascending Professionals E-Newsletter

Oh, the Places You Could Go: The Opportunities of Being a Travel Tech

By Rachel Dechant



I made the decision to travel based on what was going on in my life and my job at the time. My job was really stressing me out, and I wanted to see what else was out there. I had only worked in one facility prior to making the decision to travel, so this was a huge decision I was making to move away from my family and everything that I had known. There are so many things I learned when I was traveling. I think that to truly know the laboratory and to see all different points of view you should really work in more than 2-3 facilities because there are so many ways to do things. It was so fun seeing how the individual facilities did different things and taking those things I learned with me as I moved forward.

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Keep Calm and Put your Lab Coat On

There are many positives to traveling. One huge thing is you get paid not only your hourly wage, but the company pays for your housing, they either rent you a car or give you money for gas if you have your own car, and then they give you a per diem amount for meals. All of these extra things you get paid for are also tax free which is huge. Another great thing is you get to learn so many different analyzers and computer systems, I now know

multiple analyzers and 5 different computer systems. It is huge to add all of these things you have learned to your resume and in the future you can give insight and help your lab make educated decisions on lab equipment because you actually have experience working with it. Another plus is you get to choose where you want to live and you can move all over the USA or even internationally to see where you want to put your roots down and live permanently. You will usually start out with a 13 week contract and then if the facility still needs help and you and the facility are a good match they may ask you to extend. I stayed for 10 months at my first assignment and 6 months at my second because I liked these 2 sites so much. My third site I only stayed as long as I had to because I didn't like the way they were managed and I didn't like a lot of things they did. I did collect things such as charts and procedures as I traveled so I tried to help that site put things in order for QC management and multiple other procedures.

This brings me to a few cons of traveling. You may not always like every site you go to. I tried to make light of it and work for the patients and give them the best care I could even though I wasn't happy there. Another thing is you are always moving. It is very hard to move all the time if you have any hobbies or you have a lot of belongings. You are also far away from your family and friends which depending on how well you get along and how close you are could be good or bad. I was flying or driving home about every 6 weeks or so which got to be really expensive. I touched on training earlier but for an example at my last site I was trained for 3 days and then was put on night shift by myself and the managers didn't really ever answer their phones if you had an issue, so training time is really limited.

I enjoyed traveling while I was doing it and I still have friends that I talk to and keep in touch with at all of my sites, I even used a manager at one of my sites as a reference on my resume. I loved traveling for a while, but the longer I did it the more I realized I wanted to come back to Colorado and live closer to my family. I hunted for a job for about 3 months before I found a

permanent job that sounded good and was close to home. The traveling company I worked for told me they would miss me and if I ever wanted to travel I could always go back to them for a job. It was a great experience and I learned a lot of good and bad ways to do things where as before I traveled I only knew one way to do things. If your life allows for it, I recommend traveling for a couple years just to get out there and see what there is and how different labs can be. If you decide to travel you have to remember that no matter where you go you are there to help patients and the nurses and doctors that care for the patients. I think that if you have that mind set you will go far.



2019

LEGISLATIVE SYMPOSIUM TRAVEL GRANTS

Provided by the American Society for Clinical Laboratory Science
Developing Professional and Ascending Professional Forums

GRANTS

Two \$750.00 travel grants are up for grabs for the national ASCLS Legislative Symposium in Washington DC!

GUIDELINES

- Be a current ASCLS member. Your application must coincide with your membership category.
- Have registered as a full conference attendee to the 2019 ASCLS Legislative Symposium.

APPLY

- Complete the online form
- Submit your essay and reference

DEADLINE: FEBRUARY 11 2019

More information on guidelines and how to apply can be found on our website.

<https://ascls.org/legislative-symposium/506-legislative-symposium-travel-grant-application>

*Persons who hold a ASCLS National Ascending/Developing Professionals Forum Chair, Vice-Chair, or Secretary position are excluded from this grant.



Lab Week Run 2019

By Ally Storla

Lab Week Run is back with a brand-new running blood drop medal for 2019's Medical Laboratory Professionals Week. The medal isn't the only thing that is new—this year is the beginning of a brand-new distribution system for the Lab Week Run—packages are being handled by a distributor who is able to pack and ship race packets in real time. Another addition to the packet—this year every race packet comes with a beautiful heather grey t shirt designed by the Ascending Professionals Forum's own Darby Naheedy. The T shirt features a female scientist runner in red running on top of a white double helix and the Lab Week Run logo in white with a red blood drop. This shirt is available in sizes small to 3XL. The running blood drop medal features a red blood drop holding a pink EDTA tube as if a baton with red and white sneakers that dangle/run beneath as well as the 2019 year on the race bib.

The Lab Week Run is held during Medical Laboratory Professionals Week every year as a virtual run meaning it can be completed anywhere anyway. In the past we have had participants walk it, run it, hike it, bike it, kayak it, mow it, push a baby in a stroller, however you decide to participate just don't miss it! The early bird deadline is March 31, 2019 to participate for \$40 a packet, the price goes up to \$45 April 1 until we sell out or until Lab Week. All funds raised are used for travel grants and scholarships for Ascending Professionals and Developing Professionals to attend the Annual ASCLS Meeting as well as Legislative Symposiums. Participants often dress up and share photos—this is a great event for getting out into your community during lab week and helping make the profession known! Visit www.labweekrun.com to register and thanks for all you do.



Making Resolutions VS Setting Goals

By Elizabeth LeFors, MLS (ASCP)^{CM}

Did you make a New Year's resolution? Have you already broken it? If so, don't feel bad; you are not alone. According to the U.S. News and World Report, 80% of New Year's resolutions fail by February. 80%! That's a huge failure rate for something that millions of people do every year! So how do you improve your odds?

Well, the first step is to understand that resolutions tend to be broad and vague. To be successful, you need to instead set a specific goal. Specific goals are detailed, time oriented and measurable, and avoid vague "do your best" type phrasing. Remember to frame your goals positively. Rather than saying you do not want to do something anymore, say instead that you want to avoid or cut back on it or do something else instead. Once you have a goal in mind, write it down. Studies show those that write down their goals are more successful in achieving them.

Goals only work if you put in the work to make them happen! Step two is to create a strategic plan to work towards your goal. This is the step most people miss, but it is one of the most important ones. Break down large goals into smaller, more obtainable ones. Write out a plan that details how to achieve those smaller goals. Make daily, weekly, and/or monthly to-do tasks geared towards accomplishing your mini goals. Track your progress by keeping a simple written record. Seeing your progress and how you are achieving your mini goals will help keep you motivated and encourage you to keep going.

Remember to be flexible in your goals. It is okay to adjust them from time to time. Life gets in the way or sometimes things just do not come together the way we plan, and that is alright. Do not give up. Don't let failure or setback derail your whole train. Realign your tracks and keep going! This is much easier said than done, especially so if you have experienced failure in the past. It may be hard to believe in yourself, but doubt causes more failure than mistakes do. Do not let doubt win! You can overcome! Who cares if you have failed in the past? Use those failures as experiences and learn from what did not work then. This time you can try it again and be better prepared!

If you get stuck, ask for help! You do not have to do it alone. It can be hard to stay motivated when you feel like you are all alone. Great news for you: you do not have to be! Find a mentor or accountability partner. It should be someone you trust. Possibly a friend, coworker, church member, family member, or even a social media group. Someone to bounce ideas off of and keep you motivated and on track.

The last piece of the puzzle is the very most important one to remember if you want to be successful in achieving your goal. Know your WHY! What drives you? Why did you set all this into motion to begin with? This is your passion builder. The more specific you can be, the better. It will help encourage and drive you to succeed. Remember your WHY when doubt creeps up and use that passion and your progress so far to push past that doubt!

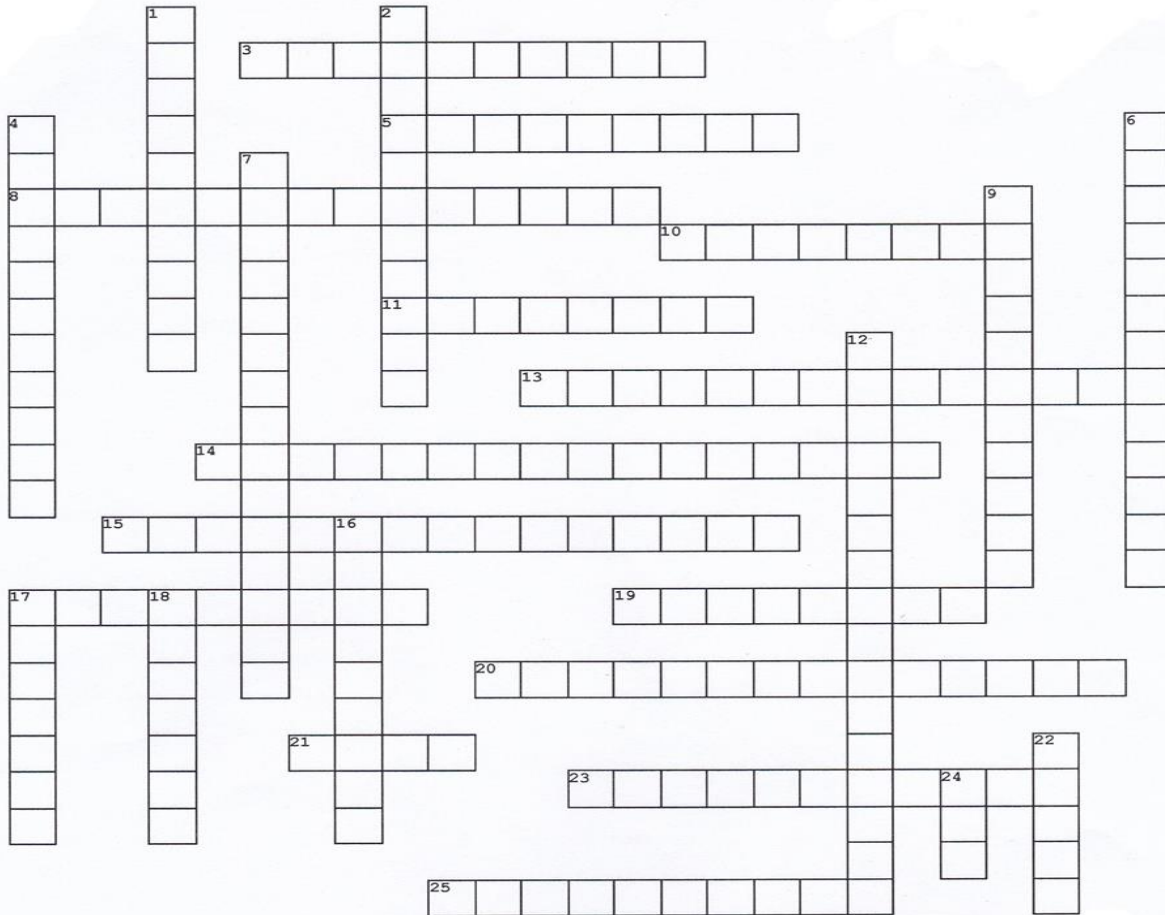
All these steps come together to empower you to make your best effort in obtaining your goal. Whether it be small or grand, anything can be done with a little step in an organized direction. So remember: set a specific positive goal, create a strategic plan, be flexible, you are not alone, and know your WHY! Now go out there and be the best you!

Challenge those Lab Brains!

Answers will be in next newsletter.

Knowledge Challenge

Complete the crossword below



Across

- 3. Auto antibodies against Thyroglobulin cause what disease
- 5. The Diazo Reaction is used on a urine dip stick to detect this compound
- 8. What do markers CD41, CD42, and CD61 signify
- 10. This DNA mutation type is when a nucleotide is changed and a stop codon is introduced
- 11. Forms in the presence of increased serum proteins
- 13. Urine crystal found in acidic urine resembling an envelope; can also be associated with antifreeze poisoning
- 14. This protein is increased in amniotic fluid and maternal serum in neural tube defects
- 15. Confirmatory test when the rosette test is positive
- 17. This member of Enterobacteriaceae is urea, deaminase, indole, and H2S positive
- 19. Hormone originating from the adrenal cortex that increases glucose by stimulating gluconeogenesis
- 20. Which anemia is characterized by normal to increased serum ferritin, decreased serum iron, and decreased TIBC
- 21. The presence of monosodium urate crystals in synovial fluid indicates what disorder
- 23. Gram positive, lancet-shaped diplococci that is alpha hemolytic with crater-like colonies or mucoid 'water drop' colonies
- 25. This antibiotic inhibits nucleic acid synthesis

Down

- 1. The measure of the total concentration of dissolved particles in a solution
- 2. This virus causes negri bodies in the brain tissue of infected animals
- 4. Which disorder of hemostasis is characterized by a deficiency in Factor IX
- 6. This factor binds platelets via the glycoprotein 1B/IIIa receptor and also binds Factor VIII to the platelet surface
- 7. This yeast has numerous blastoconidia along pseudohyphae, terminal chlamydoconidia, and is germ tube positive in 2 hours
- 9. In which hemoglobinopathy is there a substitution of lysine for glutamic acid in the 6th position of the beta chain
- 12. Anti-A1 lectin
- 16. Can only be seen with a supravital stain such as Brilliant Cresyl Blue or New Methylene Blue
- 17. The most common helminth parasite in humans
- 18. The therapeutic drug used to treat bipolar disorder
- 22. Compares most recent patient results with previous results
- 24. Which class of immunoglobulins can cross the placenta

SHOUT OUTS!!

Congratulations!!

Traverse City, MI – Joanna Miranda, a senior at Texas State University, is one of five students, out of more than 300 nationwide applicants, to receive a \$2,000 scholarship from the American Proficiency Institute (API). The API scholarship program enters its 11th year with over 50 students receiving funds to further their medical laboratory science education.

“The enthusiasm these students have for the science behind the clinical laboratory is clear,” remarked Daniel C. Edson, President of API. “From an intrigue with genetics to culturing reindeer samples for enteric pathogens, this year’s scholarship winners have a variety of interests and experiences.”

Becoming a medical laboratory scientist means that I will be making my mark on the world, one test at a time,” explained Ms. Miranda, who serves as the President of the Texas State Society of Clinical Laboratory Science student organization.



Rodney Rohde, PhD, Chair and Professor of Clinical Laboratory Science and Associate Dean for Research in the College of Health Professions at Texas State University, remarked that in addition to her academic achievement, Ms. Miranda has volunteered at St. David’s Hospital and has become certified as a phlebotomist. “We appreciate her positive professional attitude and sharing of her skills with other students.”

“API scholarships aim to support students driving the future of the laboratory profession,” said Edson.

The American Proficiency Institute is one of the largest proficiency testing providers in the world, serving over 20,000 laboratories. API offers innovative solutions and technical excellence for the proficiency testing needs of hospital and reference laboratories, physician offices, clinics, and point-of-care testing sites.

Congratulations Joanna! Your @TXST_CLS Family is so Proud of you! It's a GREAT time to #beabobcat at #TXST! #WeSaveLivesEveryday in the #MedicalLaboratory!

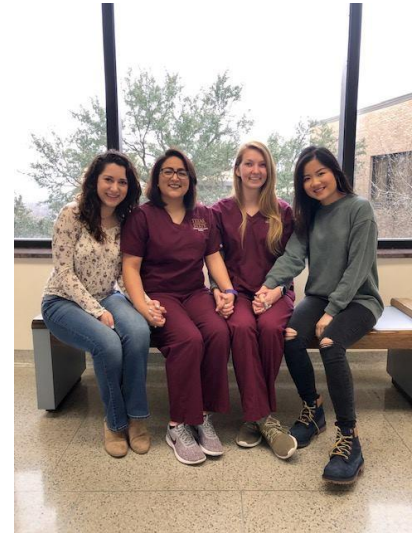
Photo caption: Joanna Miranda, API Scholarship awardee, in the laboratory with Dr. Rodney E. Rohde, Chair of Clinical Laboratory Science at Texas State University

The [Texas State University](#) Clinical Laboratory Science (CLS) Program is pleased to announce the awardees of the 2019 [Cardinal Health](#) CLS Scholarship

Four CLS students – junior students, Doryan Redding and Phung (Jessica) Pham, and senior students, [Joanna Miranda](#) and Rachel Johnson – were awarded scholarships for the spring 2019 semester.

Each of these students demonstrated excellence in the award criteria. As a three-time Texas State alumnus, I am personally thrilled and honored to establish this opportunity for our CLS Bobcats! All of us in the CLS Program are excited for you and we look forward to your continued progress in our program and your future professional journey in the medical laboratory! [#WeSaveLivesEveryday](#) [#MedicalLaboratory](#) [#Lab4Life](#)

Dr. Rodney E. Rohde was the selected award winner for the 2015 urEssential Award from Cardinal Health, Inc. and Mrs. Jennifer Dawson was selected as the 2017 urEssential Award **winner**. Dr. Rohde established a professional relationship with Mrs. Dawson regarding the importance of education and service to the medical laboratory community. Due to her experiences with Texas State CLS students in the clinical setting, Mrs. Dawson requested her award funds be combined to benefit scholarship support to College of Health Professions CLS Students in perpetuity by contributing to the Rodney E. Rohde Cardinal Health Endowed Scholarship. The Scholarship will honor Dr. Rohde and Mrs. Dawson's significant contributions to the Clinical Laboratory Science field.



\Texas State University seniors [Heather Hansen](#) and Derek Miller were selected for the prestigious AIME Hooded Scholar Award. They will be flying on a chartered plane to Sydney, Australia on February 17th, 2019 to attend a week-long mentoring conference.

Upon returning to San Marcos, they will be starting a student chapter out of the University [[Texas State University](#)] and local high schools to lead one of the most successful mentoring models across the globe. The model is called

AIME and they have been running (until this inaugural year for the U.S.) in Australia, ending educational inequality for disadvantaged kids. Heather and Derek will be provided with a grant to develop and start a mentoring program that focuses on helping the [#LGBTQIA+](#) community at their local high schools.

It's a GREAT time to [#beabobcat](#) at [#TXST](#)! Congratulations to our [@TXST_CLS](#) senior, Heather, on this prestigious international award.





LAB WEEK RUN APRIL 21-27, 2019

Take part in this virtual 5K during Medical Laboratory Professionals Week. Step out of the lab and into your communities to help spread the word about the Medical Laboratory Profession.

Register at
www.labweekrun.com

Early Early Bird Rate: \$35

Registration Rates

- Early Early Bird: \$35 (January 1 - 31)
- Early Bird Rate: \$40 (February 1 - March 31)
- Regular Rate: \$45 (April 1 - April 21 or when sold out)

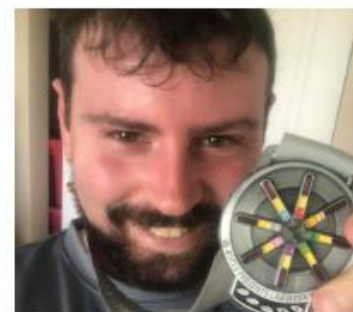


All proceeds support ASCLS new professionals and students.

Race packets include a finisher medal, t-shirt, race bib, four safety pins, and an ASCLS 2019 calendar magnet.



Thank you to our generous Platinum Sponsors



My Review of the Session Entitled “Massive Transfusion Protocols: Does One Size Really Fit All?”
By Jessica Lawless, MLS(ASCP)^{CM}

In July, 2018, I attended my first ASCLS National Meeting in Chicago. I travelled to the conference filled with interest, excitement, and nervousness. Browsing the session titles and descriptions weeks ahead of time, I chose topics which interested me from my standpoint as a MLS in the first two years after graduation. My employment at University Health in Shreveport, Louisiana, a Level I Trauma center, played a large role in my decision making. Since I often work in the blood bank, the session entitled Massive Transfusion Protocols: Does One Size Really Fit All? was high on my list.

This session was presented by Susan Barnett, MLS(ASCP)^{CM} and Claudia S. Cohn, MD, PhD from the University of Minnesota and its associated hospitals, Fairview and Masonic Children’s Hospital. I was immediately intrigued by their Massive Transfusion Protocol (MTP) process. Many of their processes were similar to those that my hospital has implemented, with some interesting differences.

One of the big differences is the axillary items that they send with their MTP buckets/packs. A helpful set of items sent with an MTP bucket/pack is a set of vacutainer tubes with a request that blood be drawn for testing. This serves as a reminder that specimens are still needed in the lab and are best collected before large amounts of blood products are transfused. With the blood products, they send a designated, cordless phone which is to be used by the MTP point person with the patient. This is designed to eliminate multiple calls regarding the same products, patient or issue. I think this is a very smart and efficient way to handle communication. The nurse or doctor is to use that phone, only, and transfusion services also calls that phone, only. In my experience with trauma MTP situations, there is much wasted time answering multiple phone calls when the true need is to get the products to the patient as quickly as possible. The efficiency of this simple communication tool is enlightening.

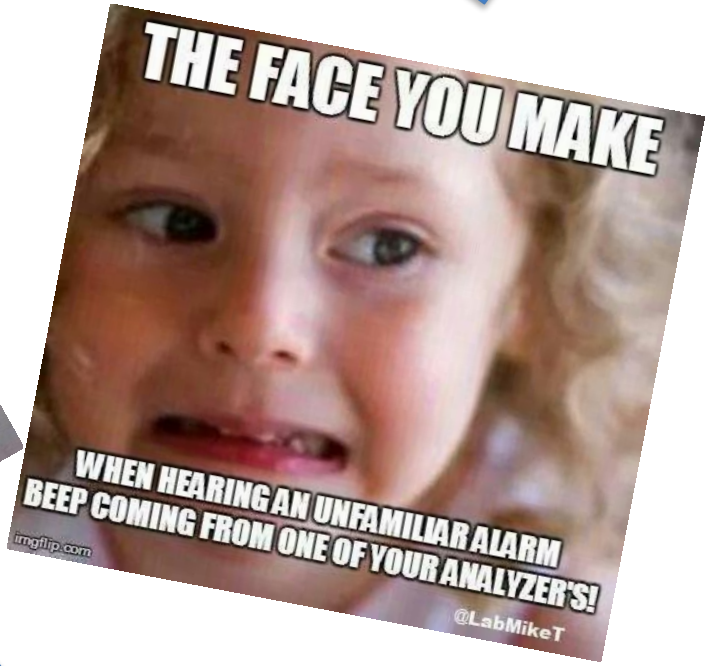
A second difference is how their medical team is utilized. They have a nurse point person designated as the MTP nurse coordinator (usually with the designated phone) and an on-call physician who comes to help orchestrate the orders and administration of products and medications. Having a designated physician to assist the blood bank staff and MTP nurse coordinator is a huge help. They can research any history on the patient, history of transfusion reactions, and bring any complications up with the attending physician. Having this bridge person acting on behalf of the blood bank helps the attending get a better picture of the patient history than they may have time to research in the throws of an MTP.

Lastly, and something that I have decided to research further, is the recommended use of a medication called Tranexamic Acid. Though this is well outside of the scope of the lab, this hospital has it recommended in a laminated card sent down with the initial MTP bucket/pack. This is a clotting medication and the presenting pathologist cited several papers recommending its use in MTP situations. The use of this drug has shown to help stop the bleeding and help with a positive prognosis of the transfusion. I like that the pathology staff is involved in the preparation of their recommended process given to the attending and MTP nurse coordinator. This shows how well they see the medical team as just that, a TEAM. I will be researching this drug to educate myself on its uses and may recommend it be considered in our own MTP process.

I thoroughly enjoyed this well presented and well researched session at the ASCLS National Meeting. I cannot wait to discuss what I learned with my own blood bank supervisors and see if we feel that any of this additional information could benefit our transfusion services department. I also look forward to researching Tranexamic Acid and its uses in the trauma/MTP setting. I am happy that I chose this session to attend and will use the knowledge to better myself as a Trauma Center blood banker.



**CUZ I AIN'T
YO' AVERAGE GROUP B**



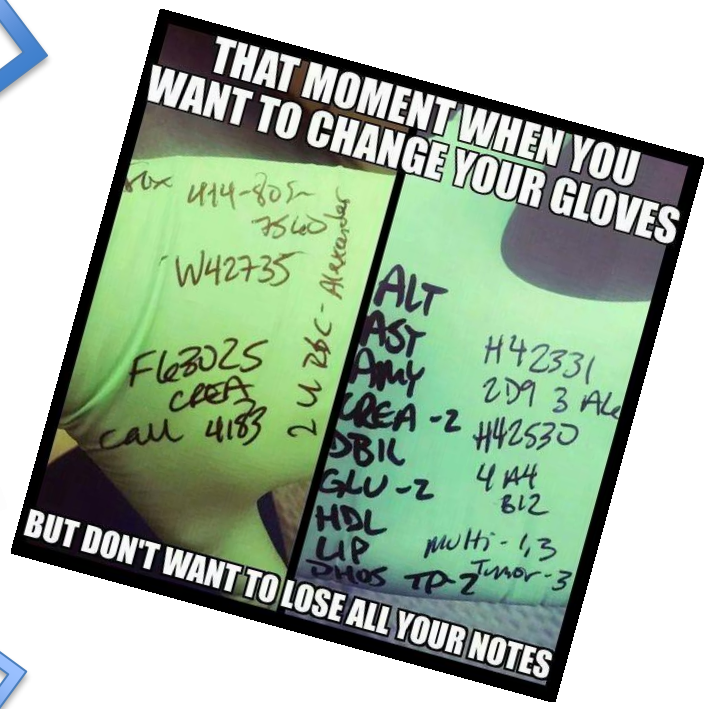
**THE FACE YOU MAKE
WHEN HEARING AN UNFAMILIAR ALARM
BEEP COMING FROM ONE OF YOUR ANALYZER'S!**

@LabMikeT



**OH, YOU JUST NEED
ONE MORE GLOVE?**

HERE, HAVE 37.



**THAT MOMENT WHEN YOU
WANT TO CHANGE YOUR GLOVES**

BUT DON'T WANT TO LOSE ALL YOUR NOTES

Do You Know How To Get In Touch With Your Regional Rep and Officers?

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